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the newhammag

Issue 304 // 7 November 2014



The good Samaritan

Teacher Ray Coe on donating his kidney to Alya Ahmed Ali (p24)

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7 November 2014 // **issue 304**



Christmas is fast approaching and we're spreading lots of goodwill cheer at our Christmas lights switch-on (p11). It'll put you in the mood to party, read more about how you could get a grant from Newham Council to celebrate with your neighbours (p27).

The fast food factor continues on page 24 as we reveal the smiling story of teacher Ray Cox and how he selflessly donated his kidney to one of his students. There's more inspiration in the shape of Bernard Cassidy, one of our Newham Victoria Cross medal holders. Read more about his life on page 6 – a fitting tribute in this Remembrance month.

Councillor Farhad Hussain
Delight member for commercial opportunities and deputy cabinet lead for building communities

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IN BRIEF //

School improvements agreed

Newham Council has secured almost £17m to spend on improving facilities and providing extra capacity at seven primary schools.

Improvements will take place at Alfricks and Latham schools, East Ham Manor in Stratford, Ravenscroft in Canning Town, Cuneo and New City in Plaistow and Salisbury in Forest Gate.

Work is due to start by the end of the year. It will include new classrooms, toilets, offices, kitchen and dining facilities and play areas.

Councillor Gurnin Pappitt, cabinet member for children and young people, said: "We want our schools to be excellent learning environments."

Holocaust memories sought

Newham Council will be marking the 70th anniversary of the liberation of Auschwitz-Birkenau concentration camp on 27 January.

A Holocaust Memorial Day service of reflection at Newham Town Hall in East Ham will be attended by Mayor Sir Robin Wales and 200 children.

The council is looking for residents who would be willing to share with the community their experiences of the Holocaust, either as a survivor, liberator or one of their descendants. To share your experiences call Alex Reynolds, Council, on 020 3373 1774 or email Alex.Reynolds-Cases@newham.gov.uk

Carers nights day

A Know Your Rights Information day for carers, presented by Newham's Carers Network and Newham Council, takes place at Stratford Advice Arcade, 107-109 The Grove, on Friday 28 November from 10am-3pm. Topics will cover carers assessments, emergency cards and respite breaks. To book call 020 8519 0800 or email info@newhamcarers.org.uk

>>> Boost for breast cancer care



Newham Council staff raised almost £500 for a cancer charity at a coffee morning held at their Newham Dockside offices.

Staff and visitors bought homemade cakes and entered raffles with all money raised being donated to Breast Cancer Care, who provide support to those affected by cancer to enable them to access the best treatment and support available.

Mayor Sir Robin Wales, deputy mayor Lester Hudson and councillors Fohad Hussain and Andrew Baker served cakes and coffee to staff. Sir Robin said: "We are proud to be doing our bit to raise awareness of breast cancer and support this leading charity to work with so many people."

"I would also like to thank local businesses who donated raffle prizes, the staff who baked cakes, made items for sale and all those who donated money."

Flowers for fallen police officer

Newham Council and Newham Police laid flowers in Stratford last month to mark the 17th anniversary of the death of police constable Nina Mackay.

Pc Mackay, 35, suffered fatal stab injuries as she and other officers from the police's Territorial Support Group went to arrest a wanted man at a flat in Arthingworth Street on 24 October 1997.

Newham's deputy mayor, Councillor Lester Hudson and Nick Brookes, Newham Council's director for commissioning (enforcement and safety) joined police to place tributes at the memorial erected close to where she was stabbed.

Cllr Hudson said: "Police officers put on their uniform every day and risk their lives to protect us. Some pay the ultimate price to ensure our safety. We must never forget their bravery and commitment. This is an occasion to remember Nina and the courage that she showed."



Shisha lounges pulled down

Newham Council has closed two shisha lounges in East Ham that were operating illegally.

The premises in Pleshet Grove had been built without planning permission. The council had previously issued enforcement notices to brothers Sajid Patel and Mehvar Patel and enforcement officers had repeatedly returned to warn them what would happen if they failed to comply.

The council tore up floorboards and removed metal grills as they pulled down the illegal lounges and also took away pipes, coal and furnishings used for smoking.

Councillor Ian Corbitt, majority adviser for environment and leisure, said: "These establishments were built without planning permission and those responsible have shown blatant disregard for residents' and clients' safety and health. This is a warning to others who try to skirt around planning laws to make a quick buck."



Councillors happy to get the needle

Two Newham councillors have received flu jabs as part of a campaign by NHS Newham Clinical Commissioning Group (CCG) to get people to get their vaccinations.

Councillors Glyn Furness and Joy Laguda received their injections at the Gilling Town Teaching and Medical Practice in Freeman Road because they fell into groups identified as most at risk of developing flu.

All GP surgeries in the borough offer the jab free to those aged 65 or over, those with a long term health condition, those with a weakened immune system, children aged two to four, and carers of people whose welfare may be at risk if the carer falls ill.

Glyn Furness, majority adviser for adults and health, said: "We want to see those who are susceptible to developing flu getting their free jab. It is important residents know this free service is available."



Remembrance Sunday services

Mayor Sir Robin Wake will attend the service of remembrance at East Ham Cemetery from 10.30am in Central Park, High Street South, on Sunday 9 November. It is preceded by a Royal British Legion parade from Newham Town Hall at 10.15am.

Councillor Joy Laguda, chair of Newham Council, will attend a service at All Saints West Ham Parish Church, Church Street,

E15 at 10.45am. Deputy mayor, Councillor Lester Hudson will be at St Mark's Memorial, Factory Road, North Woolwich, where the service starts at 10.55am. The Royal British Legion will parade from Constance Street to Factory Road at 10.30am. Councillor Paul Sathianathan, deputy chair of the council, will attend the service at St Luke's Memorial, Taring Road, Canning Town, from 10.30am.

Stop these wheels of misfortune

We want residents to play a part in our campaign to end casino-style betting on our high streets.

We want to hear your opinions on our proposal for a reduction in the amount of money that can be played on a fixed odds betting terminal in betting shops, and if this should be limited to £2 per spin, in line with other on-street gaming machines.

Since the Gambling Act 2005 came into effect Newham has seen a 25 per cent rise in the number of betting shops on our high streets from 69 to 86. Each shop can have up to four fixed odds betting terminals, which allow punters to bet up to £100 every 20 seconds.

"We want to prevent casino-style gambling being available on the high street and believe cutting the odds on these machines would hit the bookies where it hurts"

By taking advantage of gaps in planning laws bookmakers have begun to cluster their stores, allowing them to increase the number of these machines in the area. For example in High Street North, East Ham, we

have 17 betting shops with a total of 68 fixed odds terminals. Each shop could see up to £72,000 spent in them in a single hour – that's potentially more than £1m in one single street every day.

We have been fighting hard to ensure that our high streets are not being dominated by betting shops who are solely concerned with making a quick buck on a computerised roulette wheel. We have previously challenged bookies in the courts to prove that their main source of income is over the counter betting.

We believe cutting the stakes on these machines would hit the bookies where it hurts: deter them from opening clusters

of shops and help revitalise our high streets.

Someone who has already backed us is Mike Simmons, 53, an independent bookmaker from the West Midlands, who grew up in Newham. He told us: "When people play the roulette game a change of mood comes over them, it's like money doesn't exist. One guy I knew killed himself because of the money he had lost."

Go to page 11 of this Newham Mag to learn more about being a part of our campaign or visit www.newham.gov.uk/bettingshops



Mayor's view

Sport can be a lesson for us all



Playing a sport can make you healthier and stronger. For children it can also be about spending times with their pals in a healthy environment. For adults it can be a way of developing friendships centred on an active lifestyle.

But for the martial arts players of the European Moo Duk Kwan Tang Soo Do Federation who I met at the Copper Box alone on

Queen Elizabeth Olympic Park, it is also about respect and honesty with each other.

As well as presenting me with an honorary Black Belt in their sport, they also explained the humility discipline, co-operation and openness that this martial art teaches them. There is a lesson for all of us there in whatever sport we choose to take part in.

Successful park shows no sign of flagging

I was pleased to be able to help host the prestigious Green Flag at East Ham's Central Park for the eighth year in a row. It means the park has once again been recognised nationally for the valuable service it provides to the community.

The park has a long and rich history. It opened in 1888 and includes ornamental gardens, which are still largely intact today.

Our parks play a vital role in the community with opportunities for everyone from children to the elderly. They are places for people to come together, have fun and keep active.

We should all be proud of Central Park and I would like to thank all the staff, volunteers and residents who help to keep it beautiful, safe and tidy.



Hosting the Green Flag in Central Park



Thanks for a carnival of delights

I've been visiting schools who took part in this year's Mayor's Newham Carnival. Kazem School in Parslow is the latest to have received my thanks and medals for all those who did a great job.

More than 2,000 residents, including 600 young people from 17 schools, joined the parade around the streets of East Ham in July. The Kazem pupils spent many hours making their colourful costumes and props. I'm proud of them for getting involved and for helping to make our annual carnival such a massive success.

with Sir Robin Wales

Canning Town's Victoria Cross

WWI
100
1914-18

Did you know that during World War I more people enlisted from the East End than any other part of the country? The Cassidy family from Canning Town particularly stand out. All five brothers – John, Martin, Joseph, James and Bernard – signed up.

Conspicuous bravery, self-sacrifice, and exceptional devotion to duty are not common qualities, but these are the accolades mentioned on the citation of Bernard Cassidy, Canning Town's only Victoria Cross (VC) recipient. The Victoria Cross (VC) is the highest award given to members of the armed services for

bravery in battle.

According to the Lord Ashcroft collection, who currently hold Bernard's VC, he was born in Canning Town on 17 August 1892. Census records show him and his family living at 23 Pitts Road in Canning Town in 1904 and then at 251 Watford Road, Canning Town

from 1910.

On 15 May 1916 Bernard Cassidy joined the Irish Guards as a Lance Corporal. His brother John was commissioned on the same day to the 1st Battalion, Lancashire Fusiliers.

Bernard was awarded the VC after he was killed in action at Fromelles, east of Arras on 28 March 1916, in the final months of the war.

The village of Fromelles had been captured by the Allies during the Battle



Gully Bernard Cassidy, (above) Bernard Cassidy a mother Julia and brother Martin at Buckingham Palace, 1918

of Arras which lasted from 9 April to 16 May 1918. On 20 March 1918 the Germans made a heavy counter attack on the British and French lines.

Bernard was ordered to hold the British position at all costs, and that is what he did. Although the enemy came in overwhelming numbers and bombarded his position, he rallied and encouraged his men until the company was eventually surrounded and he was killed. His remains were never recovered.

'Conspicuous bravery, self-sacrifice, and exceptional devotion to duty'

An extract from the London Gazette dated 30 April 1918 records the following: 'For most conspicuous bravery, self-sacrifice, and exceptional devotion to duty during an hostile attack. At a time when the flank of the division was in danger, Lt. Cassidy was in command of the left company of his battalion, which was in close support. He was given orders prior to the attack that he must hold on to his position to the last. He most nobly carried this out to the letter. The enemy came on in overwhelming numbers and endeavoured to turn the flank. He, however, continuously rallied his men under a terrific bombardment. The enemy were several times cleared out of the trench by his personal leadership. His company was eventually surrounded, but Lt. Cassidy still fought on encouraging and exhorting his men until he was eventually killed.'

'Lt. Cassidy still fought on, encouraging and exhorting his men until he was eventually killed'

Bernard is remembered in the Faubourg d'Arras Cemetery on the Arras Memorial for those who have

no known grave. His mother received his VC at Buckingham Palace.

His brother John was awarded the Military Cross for conspicuous gallantry and devotion to duty at Maarsse on 23 and 24 Nov 1917 his company came under intense fire. He at once rallied his men and carried out an orderly withdrawal. He came back all the wounded, finally bringing in another officer who was badly wounded.

Bernard Cassidy's VC medal is on display in the Lord Ashcroft Gallery at the Imperial War Museum, Lambeth Road, SE1. Admission is free and opening hours are 10am-6pm.

An exhibition about Newham's VC holders is at Stamford Library, The Grove, E15, until mid November.



Remembering our VC holders

A York Stone memorial is being created to be laid on the 100th anniversary of the awarding of each VC of World War I. Each stone will include the name, rank and regiment of the individual (at the time the VC was awarded) and the date of the action for which the VC was awarded.

In Newham, the memorial stones to our five VC holders, Bernard Cassidy (1918 - Arras), Jack Cornwall (1916 - Jutland), George Dreary (1915 - Gallipoli), Harold Muford (1917 - Monchy-le-Preaux) and Edgar Myles (1916 - Mesopotamia), will be laid by the Cenotaph in East Ham's Central Park.



(Above) The memorial being unveiled in 1921, and (right) the Cenotaph today

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MACHINE GAMING IN BETTING SHOPS: WHAT'S REALLY AT STAKE?

The clustering of betting shops on Newham's high streets has long been a concern for residents. Last month, the council's campaign for local authorities to be given increased powers to limit the number of betting shops operating in one area moved a step closer to completion, gathering the support of 76 local authorities. Now we want you to have your say.

As well as the impact clusters of betting shops have on high streets, often there is increased anti-social behaviour and associated crime around these premises.

Newham has one of the highest number of betting shops of any London borough with 166 currently in operation. Each betting outlet can provide four gaming machines, known as Fixed Odds Betting Terminals (FOBTs). FOBTs differ from traditional fruit machines found in amusement arcades, bingo halls and pubs and allow the customer to

stake up to £100 per spin every 20 seconds.

Using powers under the Sustainable Communities Act, the council is calling on the Government to reduce the maximum bet per spin on FOBTs in on-street betting shops from £100 to £2 and is calling on other local authorities to back the campaign. The stakes on other gaming machines are currently limited to much lower levels, but the same is not being applied to FOBTs in betting shops. We want your thoughts on our plans.

HAVE YOUR SAY

What do you think about the number of betting shops in Newham? Do you agree that the council should request a reduction in the amount you can play on a FOBT in betting shops, and if so, should this be limited to £2 per spin? Visit www.newham.gov.uk/bettingshops to complete a short questionnaire, email Hannah.Clifton@newham.gov.uk or write to Hannah Clifton, Newham Dockside, 1000 Dockside Road, London, E16 2DU, by 21 November.



Light up your winter

The smell of freshly baked minced pies and the warmth from a glass of mulled wine can only mean one thing - Christmas is coming. We invite you to see in the season at special Christmas lights switch ons happening across the borough.

FREE: Stratford and West Ham Neighbourhood Christmas Festival

Friday 21 November, 4-7.30pm, Stratford Old Town Hall Courtyard, Broadway, E15.

Slap into a Winter Wonderland filled with snow, bubbles and plenty of Christmas cheer. As well as meeting Father and Mother Christmas, at the event you can enjoy:

- > free food and drink
- > a festive performance from Theatre Royal Stratford East (TRSE)
- > a Christmas sing-along with Newham Sopor Choir and Chesham and Senapham church
- > Christmas Sales with Pam
- > activities, fun and games with activeNewham
- > mini penguin making with Discover Children's Story Centre
- > Christmas crafts with Three Mills
- > Christmas activities with Stratford Circus
- > magical performances by a magician
- > Christmas balloon modelling
- > face painting.



- > The Night Before Christmas brought to life on stage
- > Santa in his grotto
- > festive face painting
- > art, craft and storytelling activities by Discover Children's Story Centre
- > performances by local acts, including carols
- > meet characters TRSE's from Beauty and the Beast
- > plus, East Ham Market Hall will host Santa's Story Grotto and you can meet furry friends in their mobile petting zoo.

FREE: Forest Gate Christmas lights switch on

Saturday 6 December, 10am-9pm, in and around Woodgrange Road, E7.

Get must have Christmas presents at Woodgrange Market and stay for an array of activities taking place throughout the day.



From 3-6pm, come along and make the most of activities for children aged under five, delivered by Kay Rowe Nursery, and let local musicians and Forest Gate School's Choir entertain you while you relax with mulled wine and mince pies at Goffao? on Sebert Road.

The market will be open from 10am-6pm selling gifts, crafts and food. Mayor Sir Robin Wake will switch on the lights at 6pm, which will be followed by a live evening of live music with international food and drink until 9pm. (Charges apply for food and drink)

FREE: East Ham Christmas lights switch on

Saturday 22 November 2-5pm, Pilgrims Way, E8

Jon pupils from Hartley Nelson and Voeage primary schools at 4.20pm as they lead a lantern parade from Newham Town Hall to Pilgrims Way, where the lights will be switched on at 4.30pm. You can also enjoy all the



For more details on all Christmas events visit www.newham.gov.uk/christmas



Winter wellness

– easy ways to stay healthy

With winter comes a rise in infectious illnesses. Here's some advice from Dr Subir Sen, a GP based in Stratford's Abbey Road Medical Practice, on how to avoid getting ill, prevent the spread of viruses and stay well during the months ahead.

Help prevent the spread of flu

If you've got a cold, prevent the spread of germs and slow the spread of flu by

- > using tissues to cover your mouth and nose when you cough or sneeze
- > washing your hands regularly with soap and water
- > putting used tissues in a bin as soon as possible
- > getting fresh air into enclosed spaces, such as opening a window when using public transport

Ensure your child is vaccinated

If your child is not fully immunised when they start school they are at risk of catching diseases such as measles,

which can spread quickly.

The 4-in-1 pre-school booster (protection against diphtheria, tetanus, whooping cough and polio) is effective in protecting children and stopping onward infection. Children should also have received another dose of the vaccine before school. Contact your GP practice to book an appointment or if you are unsure about your child's immunisation status.

From this year, the NHS recommends all children aged between two and four are vaccinated against flu. The vaccine is given via a nasal spray. Speak to your GP for more information or turn to page 5 to find out more about the flu jab.

Attend Health Check appointments

If you're aged between 40 and 74, get a free NHS Health Check. Health Checks

can help lower the risk of dementia, diabetes, kidney disease and stroke.

You can expect to receive a letter inviting you for a check. If you haven't got your invitation yet you will be invited for one over the next few years, but you can also request a Health Check directly from your GP if you are eligible.

For more information speak to your GP or pharmacist or visit www.nhs.uk/nhshealthcheck

Visit your local pharmacy

If you're feeling under the weather, or want advice about how to stay healthy, your local pharmacist will be able to help.

Visit www.nhs.uk for more information on staying well all year round.

A feast of fireworks

Thousands of residents enjoyed a sparkling night of fun, music and spectacular fireworks at Newham Council's free Guy Fawkes Night display.



With a capacity crowd of 25,000 watching on the site in Centro Road, Forest Gate, and an estimated 8,000 more watching from nearby streets and other parts of Westwood Rents, it was an evening to remember.

The 20 minute display was accompanied by a specially selected soundtrack called Music Legends, which featured David Bowie, Michael Jackson, Donna Summer, Dolly Parton, The Bee Gees, Marvin Gaye & Tammi Terrell, The Turtles, Whitney Houston, Meat Loaf and Frank Sinatra.

A mouth watering array of food was available on site to suit all tastes including

Thai noodles, curries, French fries, loaded sandwiches and barbecued ribs.

Mayor Sir Robin Wales watched the display with residents, many of whom wore Halloween costumes. He said: "It's always terrific to see so many families enjoying themselves at our free events. Our annual fireworks display is always a great show. The fun-bit again has been superb with everyone enjoying themselves in a safe and 'family environment'."

To see more photographs of the spectacular event visit

www.newham.gov.uk/fireworks



MAKE A STAND AGAINST DOMESTIC AND SEXUAL VIOLENCE

Violence that usually happens behind closed doors is getting a very public platform this month. The End Violence Against Women in Newham: Community Action event is being held on Thursday 27 November to raise awareness of domestic and sexual violence and help put an end to abuse that affects more people than you think. Ayesha's story (not her real name) is one that was referred to Newham's One Stop Shop support service.

When Ayesha, originally from Pakistan, married her husband she was looking forward to starting a new life with him in the UK. Little did she know, six months after arriving here she would narrowly be escaping death at his hands.

"The first two weeks were great, then his family started interfering. They asked him why, despite living together for a month in Pakistan, I hadn't got pregnant. His family said he should divorce me if I couldn't have children, send me back to Pakistan and marry."

"I wasn't allowed to go anywhere alone. He said he called me here and I should stay by his side at all times. Even if he went to the toilet I had to flush it after him."

"His family said I should have a medical check up, that perhaps I couldn't conceive. All my tests came back fine. The doctor suggested that my husband

get tested too. When I mentioned it at home he was livid. He asked, as a woman, what right did I have to say that? I've spoken to my family. You have until your visa expires to get pregnant or you'll go back to Pakistan," he said.

"I was worried about what was going to happen to me. I had nowhere to go, I didn't speak English and I had no money"

"Sometimes things were ok, then his family would call. He would hit me and say awful things. I begged him not to listen to them."

"I started to find it difficult to cope, but couldn't tell anyone about it. He was always there – at the doctor's, even if I was on the phone."

"Six months passed. I used to listen and obey everything he said but he still attacked me. I found the mental torture most difficult to deal with. I'd cry day and night, it made no difference to him."

"One day we were sitting on the sofa watching TV when he started strangling me. It was totally unexpected. I pleaded with him saying, 'What are you doing my love, what is this you're doing?' He said, 'What do you think? I'm finishing you.'"

"I tried to push him off me but he restrained me. Foam started coming out of my mouth. It was very difficult to break free, but I did and ran to the phone. I wanted to call the police. I thought he was going to kill me. He chased me, grabbed me and I fell to the floor. He started kicking me. I got up and he followed me into the bedroom, tripped me up and started beating me. I struggled to reach my mobile. He threw me down so hard that the bed broke in two."



"I ran to the front door I managed to get out and started banging on my neighbours' doors. My husband stopped me from escaping. I was crying and he was trying to grab me. I saw some stairs. I ran down them and outside barefoot. People gathered around to ask what had happened. My neighbours called out from their windows that the police were on their way. They came and arrested my husband.

"I was worried about what was going to happen to me. I had nowhere to go. I didn't speak English and I had no money. The police referred me to the One Stop Shop and a caseworker from Aanchal, an organisation that assists women affected by abuse, supported me to leave my husband.

"When I left the house I felt like a child not knowing anything. I didn't even know how to use the bus. I'm a lot stronger now and more confident. I can go

anywhere, do anything, study or get a job. I got an injunction against my husband. I'm safe and have somewhere to live and am about to start learning English. With Aanchal's help, because I was abused by my husband, the Home Office granted me indefinite leave to remain in the UK.

"I thought I had no one but after meeting Aanchal through the One Stop Shop I know that there is someone. Other women need to know too. If you're being abused, call the police."

If you are in immediate danger of physical or sexual violence call 999. For confidential advice call the One Stop Shop on 0845 451 2547 or visit 2 Central Park Road, E6. Opening hours are weekdays 9am-5pm, except Thursday: 9am-5pm.

Visit www.newham.gov.uk/OSW for more information.

END VIOLENCE AGAINST WOMEN EVENT

Learn more about the One Stop Shop and how to support women affected by domestic and sexual violence on **Thursday 27 November** at East Ham Library Barking Road, E6, from 12noon-8pm. Sessions take place from 12-2pm and 5-8pm. Sessions include a performance based on Ayesha's story and *Little Stitches*, a series of short plays about female genital mutilation. The event is free but booking is essential. Call 0845 451 2547 to secure your place.

Only put these items in your recycling bin



Please put all general waste
in your rubbish bin.

www.newham.gov.uk/recycling



THOUSANDS VOTE FOR YOUNG MAYOR 2014

Following weeks of campaigning, 15-year-old Yaseen Bux has been named as Newham Young Mayor 2014 and the official voice of the borough's young people.

The student at East Ham's Langdon Academy, was elected with 1,998 votes, attracting voters with his manifesto pledges of better facilities for all young people in Newham and more opportunities to socialise and become active, employable citizens.

Elia Plenty, 15, from Royal Docks Community School, was named Deputy Young Mayor with 1,310 votes. The 14 other candidates will form this year's Youth Council, supporting and advising the Young Mayor and his deputy.

"I want to build on the success of our previous Young Mayors and be the voice for young people in this borough"

Thousands of pupils who live, work, or study in Newham cast their vote in this year's election race. Seventy-six per cent of all 11 to 18-year olds eligible to take part in the vote had their say – the highest turnout ever, also a national high

result for any Young Mayor election across the country. The total number of votes cast was 14,347.

The Young Mayor will be allocated a budget of £25,000 by Mayor Sir Robin Wiles and councillors. Yaseen and the Youth Council will decide how the money is spent including local projects providing activities for young people.

Young Mayor Yaseen said: "It's an honour to be elected Newham's Young Mayor. I want to build on the success of our previous Young Mayors and be the voice for young people in this borough."

Mayor Sir Robin Wiles congratulated Yaseen saying: "We are one of only a handful of councils to run a Young Mayor scheme as we believe it gives our young people the opportunity to help shape local politics and deliver schemes that benefit them."

"I look forward to working with Yaseen, Elia and the Youth Council."

To find out more about the Young Mayor programme visit www.newham.gov.uk/young-mayor or follow the Young Mayor on Twitter @ym_Newham



The winning team



Yaseen Bux and his team celebrating their victory at the announcement



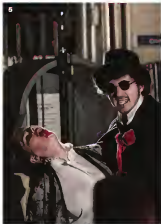
Sir Robin and Young Mayor Yaseen



Young Mayor Yaseen Bux and Deputy Elia Plenty



Newham in pictures



1 A night to remember: Twenty-five thousand people gathered at Warehouse Flats for the Guy Fawkes fireworks display, with thousands more lining the streets to watch the free annual event. Turn to page 15 for more from the event. 2 Bubble trouble at the Summer Reading Challenge firehose party at Canning Town Library. 3 In the market for sport: Manor Park School of Taekwon Do deliver taster sessions at Queens Market, E13, as part of the Market Games event. 4 Starstruck with Oliver Jeffers: The author of children's favourite How to Catch a Star reads fans at Discover Children's Story Centre in Stratford. 5 Things that go bump in the night: Residents get a free bite of the action at *Dracula*, shown at Custom House, Canning Town and Backlot Globe libraries.

Dr Anand Sachdev



If you notice blood in your pee, even if it's 'just the once', tell your doctor.

It could be an early sign of kidney or bladder cancer. Finding it early makes it more treatable, so tell your doctor straight away.

**BE CLEAR
ON CANCER**

© Healthwatch Essex



Have your say on Adult Social Care in Newham Attend one of our Co-Production Review Workshops

We believe that the best way to improve care and health services is to work together with the people that use them. We call this approach Co-Production.

If you are a customer of care or health services in Newham, or if you care for someone who is, then we would like to hear from you.

We are hosting two workshops for customers and carers:

Tuesday 18 November (11am–2pm)

Barking Road Resource Centre
B27 Barking Road
E13 9EZ

Thursday 20 November (11am–2pm)

Essex Horn Town Hall
Barking Road
E8 2PP

Light refreshments will be provided.

If you would like to attend then please book a place in advance by emailing Sandra.Herman@newham.gov.uk or calling 020 3373 9785.





Workplace works

Getting the right job could change your life forever as former casual roofer Hubert Alfred discovered when he went to Workplace.

Since it was set up in 2007, the council's free employment and training service has helped more than 22,000 residents find work by giving them the training and confidence needed to impress employers looking for a skilled local workforce.

Hubert from Pilsdon was working hard but, earning little when a friend recommended that he go to Workplace. He said: "They helped me get tickets [job related training], which qualify you to do more on site. With these, I started work at Queen Elizabeth Olympic Park on the Athletics Village. After the Games I worked to help transform the park, this time on the demolition of the Press and Broadcasting Centre."

After this contract was over Hubert went back to roofing, but, with little work around, he found himself unemployed again. But his luck was about to change.

"My workplace advisor called me to tell me about vacancies building a Thermal Hydrolysis Process (THP) plant in Buckdon. The project involves turning sewage into power. It's delivered by Samsco - a joint venture between Linc O'Rourke and Initech Process. They are building the plant for Thomas Water at their Buckdon sewage works. The site will soon be partly powered by THP."

Long hours and the occasional smell of sewage doesn't deter Hubert from loving his job. He is employed directly by Linc O'Rourke who has continued his personal development by sending him on training, increasing his number of skills and his skills.

Hubert's hard work and dedication to his job have helped him secure employment, but he says he has Workplace to thank: "Workplace is brilliant. Without Workplace

I wouldn't be where I am at the moment. Some will say it's just the same old, same old, but I disagree. I say it's a life changer. They gave me that first push to get to where I am today and I appreciate that very much."

Construction vacancies at Workplace

Workplace are working with contractors involved in the Custom House and Ganning Town regeneration, the Royal Wharf development in Sleaford and the Olympic Stadium transformation. Vacancies range from traffic marshal to skilled workers. Whatever your experience, to find out more call Jabir John on 020 3373 4473 or Lee West on 020 3373 2895.

A Ray of light

We all have a teacher whose words of wisdom stay with us long after our school days. Thanks to the generosity of Ray Coe from Royal Docks Community School, he will always be a part of one student's life after he donated a kidney to her.

SENCo (special educational needs coordinator) teacher, Ray Coe has been given the Daily Mirror's Pride of Britain award for best teacher after he selflessly donated one of his kidneys to student Alys Ahmed Ali. 14

Alys is one of 150 SENCo students at Royal Docks. Ray ensures that young people who need assistance to aid their learning receive the right support – but he never thought a kidney would be one of those things.

Alys is an epileptic. She also suffers from Hydrocephalus (water on the brain) and has a shunt which moves fluid

"I thought, all she needs is a kidney. I realised it was something I could do."

around her body. Last year, her mother called Ray to tell him Alys wasn't well, needed dialysis and would be off school for a while. Astonishingly Ray's reaction was to offer Alys one of his kidneys. He said: "It was one of those little light bulb moments that come to you. I thought all she needs is a kidney. I realised it was something I could do."

Ray's revelation stunned Alys's mum into silence, but he was not deterred.

Six months of medical appointments talked to test his commitment to donating his kidney. "I thought the odds were far greater than they were. To test the kidney they use a match of six marks and I got three – which is the minimum for a transplant. That didn't mean everything was ok, I went for tests for literally everything to ensure that by giving a kidney I wouldn't be affected."

At first, Ray kept his act of kindness to himself at school, only sharing his intention with the head teacher. "I had to get permission to get time off work. I thought they'd take the kidney out and



"I'd be back in work within two weeks. It was more like two months." After a heartfelt letter to the governing body they approved his special leave request. "The governing body were totally supportive and the school has been great. If I didn't get the leave I'd have thought of other ways to raise money, via business or shaving my head. I was going ahead with it and that was that."

Ray admits that his recovery from the transplant was slower and a lot more painful than he imagined, but there have been no difficulties for Aya or him since. Unsurprisingly, Aya and Ray's relationship

has changed, although she still calls him sir. "I'm much more like a family member and Aina talks to me a lot more openly too. But it's also the relationship with the other pupils. Because of the publicity, there was a lot of reaction from the staff and from the pupils – it's given them a sense of: 'yeah, he's an alright teacher', it's a positive thing for the school too."

Learning that Ray was a former blood donor comes as no surprise and he is keen to use his experience and notoriety to promote both this as well as the NHS Organ Donor Register. "Unless it's against your religious beliefs, carry a

donor card. I can't understand why you wouldn't?"

"I've become a blood runner. I got the blood from one place and take it to a hospital. My thought was that people so many people volunteer and do lots of good things. I wanted to make sure my thing wasn't just a one off."

Find out more about giving blood by visiting www.blood.co.uk. Visit www.organdonation.nhs.uk to sign up to become a donor in the event of your death.

STANDARDS ADVISORY COMMITTEE INDEPENDENT MEMBER VACANCY

The London Borough of Newham is seeking an independent member for its Standards Advisory Committee. The committee has a role to promote and maintain high standards of conduct by Members of the Council, co-opted members and church and parish governance representatives.

Independent members must not, during the last five years, have been a member or employee of the council or a subsidiary or employee of any other authority nor must they be a relative or close friend of a member or employee of Newham.

Ideally members should represent a range of different skills and knowledge (e.g. the community, voluntary, professional and business sectors).

The committee meets four times a year. Refreshment training will be provided. You will be paid an allowance and can claim the reimbursement of travel and subsistence expenses. The term of office will be for seven years.

For further information or to be application form, please contact

Joy George
Email: Joy.George@newham.gov.uk
Tel: 020 3273 1266

Closing date for applications is **Sunday 30 November**.



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julie.modell@newham.gov.uk

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71 Holland Road, E15 3AP

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Cranford College
Innovative learning

Get your Christmas party started

From Christmas celebrations to New Year shindigs, winter is filled with great excuses to get together and party. Following a successful street party this summer, Newham Volunteer Marian Olusanya from Cuslam House is dusting off the bunting and is hoping to hold a winter festival with funding from Newham Council.

Marian became more involved in what was happening in her community after she started attending coffee mornings at Custom House Library. She said: "It was a chance to meet local people and share what we thought about the community. It feels like one big family. For example, if I read a van someone might say 'I have one, I can help'. It's about networking, how we can help each other and what we feel can be changed where we live."

Residents in her area were concerned about anti-social behaviour involving young people. Marian mentioned how a street party she'd helped organise when she lived in Hermit Road, Canning Town, to mark the Queen's Diamond Jubilee helped bring the community closer. Other residents thought this was a great idea and they began organising a street party in Sherman Road, E16.

Marian and her friends visited their neighbours to tell them their plans and invited them to get involved. "We had a bouncy castle for the young kids and performances by young people

from Shipman Youth Club, who also loaned us their stage. The local church loaned us tables and chairs and people agreed to help with the food."

Newham Council helped fund the event, which attracted around 300 residents via a Let's Get the Party Started grant.

Things in Marian's neighbourhood are very different. "We have a much more peaceful community. People are kinder. Instead of shouting they talk to sort out their issues. And because parents know and talk to each other, the kids are more respectful, they've even offered to push my son's pushchair for me."

"The coffee morning encouraged me and inspired me to do something. It shows that by working as a team we can create a stronger community."

To find out more about community grants visit www.newham.gov.uk/grants

Drop along to a coffee morning, 1pm to page 36 for details



Below: pictures from the Sherman Road street party





Newham London

Are you a landlord, property developer or managing agent looking to let a property?

No commission, no fees, no hassle.

Newham Council **URGENTLY** requires properties and wants to work in partnership with local landlords and managing agents to rent their properties.

The council can offer:

- Up to £2,000 non-refundable cash incentive payment
- £200 non-refundable cash payment to hold a property
- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now.

Telephone: 020 3373 1149

Email: PRSSupply@newham.gov.uk

Starting school

Newham London

If your child will have their 5th birthday between 1 September 2015 and 31 August 2016 you need to apply for a reception class place now.

This deadline to apply for a reception class place for entry in September 2016 is **15 January 2016**. If you miss this date you will have less chance of getting the school that you prefer. Pick up a copy of the autumn 2014 edition of the Starting School guide from any Newham Council operated nursery, infant or primary school.

Apply online to apply on time.



For more information visit www.newham.gov.uk/schooladmissions

Singling out **fraudulent** claimants

If you are liable to pay Council Tax and live alone, or with someone who isn't liable to pay Council Tax, you can receive a discount on your bill. Claim this amount fraudulently and you're not only cheating the system, you're contributing to higher bills for all payers and possibly committing a criminal offence.

Newham Council has started a review of all those receiving single person discounts to help identify fraudulent claims. The review will use data from external agencies to accurately confirm the discount for genuine claimants, and identify and remove those who are not entitled or incorrectly claiming.

If you currently receive the discount you may receive a letter asking you to provide information about who lives with you. This information will be used to verify that you are still eligible to receive the discount.

If we have reason to believe that the information provided is incorrect, or if none are returned, we may withdraw the discount. If this happens you will receive an amended Council Tax bill.

Council Tax cheats can be prosecuted in court. In the same way that benefit cheats are, and made to pay back the money they owe.

What is a single person discount?

If you live alone, or are the only eligible person aged over 18 who has their 'sole or main residence' at your address, you are entitled to a 25 per cent single person discount on your Council Tax. This discount will be shown on your bill.

When does the single person discount apply if I am living with someone?

You can check when the single

person discount applies by visiting www.newham.gov.uk/040404tax

Does the council check up on single person discount claims?

Yes. Access to a wide range of financial, electoral, housing and benefit information helps us prevent and detect single person discount fraud. Newham Council is committed to detecting discount fraud and regularly checks discounts.



Win tickets to BRICK 2014

BRICK 2014 – Built for LEGO fans comes to the ExCeL exhibition centre from 27 to 30 November. We have ten pairs of tickets up for grabs to the fantastic show packed with LEGO.

Fans of all ages, but especially Adult Fans of LEGO (AFOLs), can relive amazing LEGO memories, get creative in the construction zone, experience LEGO games and more, plus some exclusive limited areas with your favourite LEGO sets and characters.

To be in with a chance of winning a pair of tickets to the event answer this question.

What is an AFOL?

Email your answer, name, address and telephone number to Newham.Mag@newham.gov.uk or send it to Newham Mag, Newham Dockside, 1000 Dockside Road, E16 3QU, before 20 November.

BRICK 2014
Built for LEGO fans

ExCeL London, 27th-30th November 2014

Supported by The LEGO Group

Learn about The Red Crate

Theatre Royal Guildford East (TRGE) wants your thoughts on ambitious plans for a new theatre opposite their existing listed building in Quays Square.

The Red Crate, a sister building to the National Theatre's temporary theatre, is planned to open in 2015. Designed by award-winning architects Haworth Tompkins, the 225-seat east-west building would be in place for ten years.

The creation of The Red Crate would enable TRGE to significantly increase its annual number of performances, broadening its offer to residents as well as attracting theatre-goers across the capital.

Intentions for the building include transforming part of the site into a café or bar, further enhancing the arts offering night time offer.

You can see plans for the site and have your say at a series of consultations, ranging from presentations to drop-in sessions, taking place from 22 November to 12 December. To find out more turn to page 59 or visit www.theredcrate.com



Are you at risk of diabetes?

Imperial College and Barts Health NHS Trust are carrying out a study into the prevention of type 2 diabetes in those who may be at risk of developing the condition.

The research team is looking for candidates aged between 16 and 74 who have, or had, one or more of the following:

- previous raised blood sugar
- increased bodyweight
- family history of diabetes
- high blood pressure
- a previous heart attack or stroke
- history of gestational diabetes

This two-year study works to help prevent diabetes by providing on-going lifestyle support through regular monitoring, education and text messages.

To find out more or to get involved, email diabetesresearch@bartshealthnhs.uk or call Isabelle Garvey on 020 7602 3916.

Get an Active Mind

Drop in to the Active Minds Café for free coffee, cake and conversation.

The monthly pop-up café hosts the borough with information, activities, advice and guidance to support mental health wellbeing in Newham.

The event is aimed at people with mental health problems, their carers, health professionals and anyone with an interest in mental health.

Drop in to the Active Minds Café on:

Tuesday 11 November, 10-11am,
The Hub, Star Lane, E16
Tuesday 18 November, 10am-12noon,
Poleway Library, North Street, E13

Thursday 21 November, 4-6pm,
The Gate Library, Woodgrange Road, E7. Includes creative writing workshop, information on taking a break and free wellbeing activities.

To find out more call Jacqui Pringle on 020 3373 1554.

Time for a dance



As the festive season approaches, don your glad rags, sit on your dancing shoes and head to a fun dance at Old Town Hall, Bowway, E15.

A commemorative Remembrance Day tea dance will be held on Tuesday 11 November, from 1.30-4.30pm, followed by a special tea dance on Monday 24 November. Perfect for those with two left feet, from 12.30-1.30pm enjoy a dance lesson before the main event. Lessons are free but you must book in advance.

A festive tea dance takes place on Monday 15 December, from 1.30-4.30pm, including music from Newham Super Choir, dancing, entertainment, party food and raffles. Advance tickets for this event are selling out fast. Tickets can only be purchased or collected from the tea dances listed by Newham residents.

Tickets to all dances are £3. For more information, to reserve a ticket for the Christmas tea dance or book a dance lesson, call 020 3373 2551/3900.

CARERS: know your rights

Newham Carers' Network is holding an information session in Shalford for carers on Friday 26 November.

Come along and find out about carers assessments, emergency cards and carers breaks. Booking is essential. For more details call 020 8519 0900 or email info@newhamcarers.org.uk

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry.

GALLERY



Issa Kabaak, 7



Ruth-Hana Cortiño de Guzman, 7



Kyle Coke, 3



Motiat-Ajale, 11

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dodside, 1000 Dodside Road, London E16 3QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordsearch

Poem

My Best Friend is Always My Sister

I had a best friend who started
with an 'L' and ended in 'a'
But sadly I pushed her away.
I've been thinking about her
every single day.
When I see her I try to think
about what to say.
We spent half our lives together
in a brilliant primary school.
We were the pair always trying
to eat cool.
I regret being so ill mannered
towards my friend.
We'll be special to me forever
and ever.
But there's one thing that I will
never forget,
That my best friend is my sister,
Until the end,
I'm sorry.

Rensie Adde, 12



A	O	L	S	R	E	L	E	N	O	P	A	S	O	N	A	G	H	G	E	O
U	F	A	C	N	L	H	A	P	N	B	R	T	B	E	R	G	W	E	C	
S	C	H	O	I	U	A	G	R	K	R	E	L	I	G	H	O	L	F	R	
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Bouncing
Competition
Effort
Egg And Spoon

Grass
Laughter
Running
Sack Race

School
Thrills
Torque
Trees

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Free female only cricket – Weds, 7-8pm
Newham College, East Ham Campus, High St
South, E16. Call 07044 033 192 or email
sports@newham.ac.uk

2

Light Night Gaming Tows – Sat 29 Nov 8pm-10pm
10midnight-free. Festival of light taking place in and
around Tony Blinks Place, Gaming Town Library
and Community Links (Barking Road, E16) and
Carverston, Silketown Way. Puppets, music and
dance. Visit lightnightsgamingtown.weebly.com

3

Free Saturday kids' indoor football sessions (11-15yrs) – 11am-12noon, Carpenters
and Docklands Centre, 80 Gilbey Road, E15
Passo bring a friend. Call 020 8634 4121

MENTION THE MAG...

Try your hand at badminton with the Black Arrow Badminton Club. The club is offering Newham residents a chance to enjoy their first session for free when they mention the Mag.

—The Black Arrow
manned East Ham College
Central, Pabing Road,
East Ham, E6 7AP.
(adults and 16-19yrs,
10yrs-12yrs (junior))
Sessions cost £3.70. Call
07932 037 174 for more
information



TRY SOMETHING NEW... CHOIR CONCERT

Newham Super Choir invites you to A Night at the Opera, a free concert for Newham residents taking place on Friday 28 November

This event, which has been made possible with help from a Newham Council Let's Get the Party Started grant and the Aspers Casino Good Causes Fund, will feature songs from operetta and musical theatre

Join the experience, baritone, tenor and pianist from 7pm at St John's Church, Broadway, E15. All are welcome



 Indicates free sessions

UNDER-FIVES

Mime and rhyme 
Tues, 10-30-11.3am,
Custom House

Myra's Time 
Thurs, 1-30-2-15pm,
Custom House

Storytelling 
Mon, 11am-12noon, Tues,
10-11am, Beckton Globe
Mon, 10-30-11.15am, Custom
House, Tues, 10-30-11.30am,
Gaming Town, Tues, 11am-12noon,
The Gate, Tues, 10-20-11.30am, Thurs, 9-45-10-45am
East Ham, Sat, 11am-12noon
Green St, Fri, 11am-12noon,
Moor Park, Thurs, 2-3pm,
North Woodwich, Thurs, 2-3pm,
Ruslow, Tues and Fri, 11am-12noon, Stratford

Stay and Play 
Support for parents and carers

to develop their child through play. Term One, Weds and Sat, 10am-12noon, Stratford, Thurs, Jack Cornwell C. C.

Storytelling and craft 
with author Eleanor
Levenson

Sat, 10-11am, 2-3pm, Gaming
Town, Sat, 22 Nov, 2-3pm,
Custom House

Sing, Dance and Play 
Music is for under 5s
Weds and 2 Dec 10-30
11-30pm, The Gate

YOUNG PEOPLE

Board Games Club (7-12yrs) 
Play chess, Checkers, Ludo,
Monopoly and more. Term One
Thurs, 4-6pm, Green Shield and
Custom House, Thurs, 4-6pm,
North Woodwich, Tues and
Fri, 4-5pm, Stratford barn sing

Homework Club (7-14yrs) 
Free study support. Term One

Rt 3.30-5.30pm, Beakton and Canning Town Thurs 4-6pm
Playbox Rt 4-6.30pm, East Ham, Sat 2-3.30pm, Green St, Waltham, Sat 3.30-5.30pm, Manor Park, Mon 3.30-4.30pm, North Woodwich, Mon 4-6pm, Stratford, Sat 10am-12noon, The Gate

Games Club (7-16yrs)
Story P52, Xbox360, Nintendo Wii, board games and more
Tues, 3.30-5.30pm, Custom House, Thurs 4-6pm, Canning Town, Wed, 3.30-5.30pm, Forest Gate

Young People's Book Club (7-16yrs)
Come and talk about your favourite books. Tues 6pm-8pm
3.30-4.30pm, North Woodwich

Young Police Cadets (10-12yrs)
Thurs, 4.15-5.45pm, Upton C C

Freud Young Project (7-16yrs)
Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C C

Children's Movie Club
Booking essential. Thurs 4-6pm, 7-12yrs, The Gate, Tues, 3.30-5.30pm, 0-12yrs (under 8s must be accompanied by an adult). Green St

Arts and Craft Workshop (5-9yrs)
Fri 3.30-5pm, Green St
Sat 2-4pm, Custom House and Canning Town

Puzzles, Quizzes & Colour
Mon 3.30-5pm, Green St

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues 4-5.15pm, North Woodwich, Sat 10.30-12noon, Manor Park

The Magical Life of Mr Henry
by Leo Timmer, East Ham

Adult Reading Group
Sat 10 Nov 10-11am, The Orchard of Lost Souls by Nadine Mohamed, Custom House, Thurs 20 Nov 6-7pm, East Ham (sat for details) Sat 28 Nov 10-10pm, book group launch, book sale and free willa dinner Green St Mon 10 Nov, 6.30-7.30pm, Spymoor Play by John Graham, Stratford

Cheese Club
Mon, 5.30-7.30pm, East Ham, Weds, 3.30-5pm, Green St, Thurs 6.30-7.30pm, Stratford

Coffee Mornings
Tues, 10-11.30am, Beakton, Thurs 10-11.30am, Canning Town, Tues, 11am-12.30pm, Custom House

Tues 11 Nov 10am-12noon, Manor Park, Wed 16 Nov 10.30am-12noon, Green St, Wed 12 Nov 10.30am-12noon, Stratford, Wed 26 Nov 10am-12noon, The Gate, Wed 19 Nov 10am-12noon, East Ham, Thurs 10-11.30am, North Woodwich

De M Online (16-9yrs)
Free six or eight week basic computer training. Advance booking required, contact library directly.
Tues 10am-12noon, The Gate, Tues 10am-12noon, East Ham, Tues 10am-12noon and 2-4pm, Playbox, Mon 10am-12noon, Manor Park, Weds 2-4pm, Stratford, Thurs, 10am-12noon, Green St, Thurs 10-12noon, Katherine Road C C

Family Arts Club (2-12yrs)
Sat 12noon-2pm, The Gate

Children's Movie Club (7-12yrs)
Thurs, 4-6pm, booking essential. The Gate

Arts and Craft (5-9yrs)
Fri 3.30-5pm, Green St

Knit & Malt (16-9yrs)
Wed, 10am-12noon, Beakton, Fri 10.30-12.30am, Canning Town, Fri, 10am-12noon, East Ham, Tues 10.30am-12.30pm, Manor Park

CV Writing Workshop
Advance booking required, Mon, 10am-12noon, Stratford

CV Support and Careers Advice
Advance booking required, Thurs 10am-5pm, Stratford

Oral Health Drop in
Thurs 13 Nov 3-5pm, The Gate (sat Thurs of month)

SHT Drop-in
Come and meet your Police Safe Neighbourhoods Team (SNT) Fri, 12noon-1pm, Stratford, Thurs 27 Nov 10am-12noon, Canning Town

ICT Surgery
Advice on computer issues for all ages
Mon 10am-12noon and 2-4pm, Playbox, Wed, 10.30am-12noon, Stratford, Fri 2-4pm, Canning Town

Stratford London Townsmen
Public speaking and leadership club. 1st and 3rd Monday of month, 6-8pm, Stratford, Res-apply. Call 020-3373-0626

Big Ideas
Blackrock University lecture 'What makes people happy?' Mon 10 Nov 6.15-7.45pm, Stratford, bookings for the event www.blackrock.ac.uk/igf/

Family Fitness
Yoga, Pilates and Zumba. Children must be accompanied by an adult. Stratford, Mon, 11am-12noon

Weekly Get Together
Try new things. Mon 10.30am-12.30pm, Green St, Call 020-3373-0657

Love Neighbour app drop-in
Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

Sexual Health Advice
Mon 10 and 24 Nov, 7pm-9pm, The Gate

CFANA
Cancer information and advice. Thurs 23 Oct, 3pm-5pm, The Gate

British Sign Language Social Club
Thurs 20 Nov 5.30-7.30pm, The Gate

Gravita Surgery
Guidance on Let's Get the Party Started and Go for it grants. Thurs 13 Nov 4-6pm, Manor Park, Mon 17 Nov 3.30-5.30pm, Green St

CE Lewis Day
Storytelling, arts and crafts and more. Sat 26 Nov 11am-5.30pm, Green St

Discovery 10 Independence exhibition
Until 29 Nov, Green St

Inspire Futures Drop in
Advice on ESOL and citizenship. Thurs 2-4pm, Green St

Volunteer Open Day
Sun 23 Nov 7-9pm, Green St

Learn to Make a Web Page (16+)
Booking essential, contact library. Tues and Thurs 2-4pm, North Woodwich

Community Links Drop in Session
Debt, housing and benefit advice. Call 020-8545-9826 to make an appointment. Tues, 3.30-5.30pm, Katherine Road C C

Table Top Safe
£5 per table. Sat 20 Nov 9-12pm, Jack Cornwell C C

ESOL
Improve your English language. Mon and Weds 12-12.30pm. Call 020-8522-5772 to email. Katherine Road C C, Tues 9.30-12noon, Fri 9.30-12.30pm, Jack Cornwell C C. ESOL, citizenship and Life in the UK preparation class. Tues, 2-5pm, Manor Park

OTHER ACTIVITIES



Time-2-Craft (14-9yrs)
Sat, 10am-12noon, 8 Nov, poppy making, Stratford

Family Reading Group (2+)
First Sat of month, 1 Nov -

COMMUNITY ACTIVITIES



Bumps and Bubbles Up to 1yr

A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email newham.ecf@hotmail.com

Meet and Greet

Mums, Bumps and Babies
Join various cafes around Newham. Visit www.newhammums.com or email joinnewham@bt.com

Royal Deaf Learning & Activity Centre

Tues 10am-12noon. E1
Parent and Toddler group,
10am-12noon. E1

Wed Coffee Morning 9.30-11am
Job Club 10am-3pm
Nurscraft 10am-12noon. E2
Employment 1-2-1 support by appointment

Thurs Tea/Café E2, first session free 10.30am-12noon
Line Dancing for 50+ 1-3pm. E1
Royal Deaf Learning & Activity Centre, Albert Rd, E19. Call 080 7476 8889. Visit www.rdlco.org.uk

Junior Makler Police Cadets (10-12 yrs, term time)

Wed, 3.30-5pm Little Ilford School, Browning Rd, E12. E1
Thurs, 4.15-5.45pm, Upton C. C. Claudio Rd, E12. E7. Call 07500 881 378

Senior Volunteer Police Cadets (13-17 yrs)

Wed 6.30-8pm Little Ilford School, Browning Rd, E12. E7
E2-50. Thurs, 5.30-8pm, Easlon Community School, Earing Rd, E16. E2-50. Call 07500 881 378

LEARNING AND SELF-DEFENCE



Boxing (Newham College)
Mon 5-6pm. East Ham College. High St South, E8

Fight For Peace Boxing
Mon to Fri 4-6pm 10-14yrs
Mon to Fri 5-8pm 14+yrs
Woodson St, North Woodford, E9. Call 020 7474 0064

Punch Out (16+yrs)

Fri 4-5pm, Kachana Rd C C 254 Kachana Rd, E7

Intense Fitness (14+)

Workouts, boxing and wrestling
Fri, 8.30-10pm. E5. The Harley Centre. E3. Call 07578 252 649

Shoayin Karate

Wed 6am-8am, 4.30-5.30pm
Fri, 5-6pm and 7-8.30pm. Sun 10-11am. Under 13yrs D4
18+yrs C3. conca C3
Newham Leisure Centre, E13. Call 07508 070 638

Blackboard's Shoayin Karate

Mon and Wed, juniors and beginners 7-8pm, of other grades 8-9pm. First session free, under 15yrs D4. 16-18yrs, conca C3. L&L, Sports Dock, call 07700 685 869

Competition Training juniors (8-14yrs), Tues and Thurs 6-50
juniors (15+yrs), Tues and Thurs, 6-5.30pm
Beginners, juniors (8-14yrs)

Wed 6.30-7.45pm, seniors (15+yrs), Wed 7.45-8.15pm
From £2.55 per class
Capetown Chocklands Centre
28 Gabbins Rd, E15
Call 07845 601 260
www.afnbf.org.uk

West Ham Boys ABC

Mon-Wed Fri, mixed (8-10yrs), 5-6pm. Sat, boys (6-11yrs), 10-11am. gns (7-10yrs), 11am-12noon. Sat, 2 London Rd, E12. Call 020 8479 2014

HEALTH AND FITNESS



Arthritis

All ages and ability. Mon 11-12noon (women only). Weds, 11-12noon (mixed). Jack Cornwell C. Call 07518 750 720

Reelcamp and Circuits with Al

Mon, 7-10.7.30pm. Chander East Community Hub, E15. E4. Call 07855 944 252

Jackie's Fitness

Mon, 7-10.7.45pm, Beller abs, E3. The Harley Centre, E8. Call 07818 000 649

Twisted Pink Street Dance

T 1-1yrs. Thurs, 6.30pm. E2. Laker Church, Belling Rd, E16.
12+yrs, Fri, 6.30pm. Mayland Studio, 84 Leytonstone Rd, E15. E3. Call 07961 544 017. Visit www.twistedpink.org.uk

Zumba Fitness

Wed, 7-15.45pm, E3.50
Vocage Lane Community Centre, Gower Ct, E15. Call 07758 020 855

Zumba with Jessica

Mon 5.30pm. E2.50
Asle Community Hub, 14a Canal Rd, E16.
Sat, 9.30am. circuits D4, Community Resource Centre, 200 Chingwall Ln, E13. Call 07884 851 484

Zumba

All ages. Registration essential. Bring water and a towel.
Wed, 7-8pm. E5. Bickton C. C. Fri, 9.30-10.30am. E3, Jack Cornwell C. C.

55+ ACTIVITIES



Age UK East London

Mentor Walks (18+)
Tues 9.30-10.45am. meet at Age UK Café London Newham Branch, E25. Belling Rd, E13.
Sun 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20.
For more info call 07989 938 242

Health Walks

Mon 2pm, starts by the War Memorial, Central Park, E8.
Call 07518 750 720
Tues 10am. starts outside Post a Manger at Stratford Station. Call 0844 474 2728

Tues, 1.30pm, starts at the corner of Wandsworth Pk at the junction of Canal Rd and Woodford Rd. Call 0844 474 2728

Wed, 10.30am. starts outside Harskith Centre, McNab Rd, E15. Call 07870 291 720
Thurs 1.30pm. starts at the corner of Wandsworth Pk at the junction of Canal Rd and Woodford Rd. Call 07870 744 885

Thurs, 2pm, starts by the War Memorial, Central Park, E8

Call 07578 750 720
Fri 10.30am. starts outside St Mark's Community Centre, Belling Rd, E3. Call 07936 744 025

Newham Striders

Daily walking group.
Call 0844 414 2728

Nordic Walking

Wed 9.30am. Meet at Lord Laker Health Centre, E7. Not suitable for wheelchair. Call 07762 690 459
Fri 6.30-8pm. Meet at Newham Leisure Centre, E19.
Sun, 10-11.30am. Meet at East Ham Leisure Centre, E8

Ballroom Dancing

Mon 10am-12noon. St Paul's Church Centre, Barges Rd, E9. £2.50 per session.
Call 07761 259 453

Tea Dance

Wed 10-Nov, 1-3pm, St Mark's C. C. E5. Dancing, chat and refreshments. E3.50

Young at Heart

Singa Club. Mon 12noon-4pm. E1. Joyce C. C.

Active Centre Singa (50+yrs)

Thurs, 7-8pm, Jack Cornwell C. C.

Diver 60s club

Thurs 10-12noon. Bickton

GREEN



Green Gym

Wed 10am-12pm. meet at Motor Centre in East Ham. Newham Reserve, Alford Rd, E8. Call 07845 873 136

Green Volunteering

Tues and Thurs, 10am-12pm. Stratford W. C15. jpp.habula.org

Garden Club

Tues 7-8pm. Thurs, 4-5pm. Sat 10am-4pm, Abbey Gdn, Bakers Row, E7

Gardening Thymes

Gardening Club
Fri, 11am-1pm. Bowling Green, Girdle Park, High St South, E8

Grow Together Be Together Community Gardening Club

Wed 10am-1pm. Sat 1pm-3pm

/Riverside Field, Melbourne Rd entrance. £2. Call 020 8285 7070

DOORSTEP CLUBS

Call 0844 434 2758 unless otherwise stated

Athletics Club (14+)

A multi sport session focusing on athletics, football and the gym Tues, 6-7pm, Newham Leisure Centre. £13. Call 07718 394 750

Gym & Basketball (14+ yrs)

Tues, 6-10pm, £2. Risky School, Barking Rd, E16

Stand & Tumble (14+ yrs)

Thurs, 7-30.8pm, £5. Talent Cheer & Dance. Gallions Reach, Amerside Wy, E8. Call 07930 612 610

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 49 Chobham Ln, E20

Dance2Dance (12-16 yrs)

Street dance. Fri, 3.30-5.30pm. Newham Leisure Centre. £13

Female Softball (14+ yrs)

Mon, 4.15-5.15pm, Bakers Leisure Centre, E13. Call 020 7511 5220

Girls Football (11-15 yrs)

Tues, 4-5.30pm and Thurs, 5-6pm. Newham Leisure Centre. Fri, 5-7pm, Memorial Park. £13

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-6.30pm. Newham Leisure Centre. £13

Just Play (14+ yrs)

Wed, 6.30-8pm multi sports (tennis, badminton, basketball). E13. Call 0844 414 2758

Age Blast (11-15 yrs)

Thurs, 5.30-6pm, £3.10. Newham Leisure Centre. E13

Athlete (14-18 yrs)

Athlete fitness. Wed, 5.30-6.30pm. E7. Riverside Community Centre, Napier Rd. E8. Call 07718 394 750

Female Only Gym Sessions

Mon, 3-4pm, 18-25yrs. Mon and Wed, 7.30-10.30pm

Tues and Thurs, 12noon-7.30pm. Sun, 3-5pm, 17-19yrs. E14. E8. Newham Leisure Centre. E13

Get Back Into Netball

Tues, 6-7.30pm juniors, 7.30-8pm, seniors. £2. Lister Community School. E13. Call 07717 281 629

Julie's Mums On The Run

Wed, 10-11.30am, £5, or bring a friend and both pay £4 each. Abbey Lane Park. E15. Call 07961 374 772

Keepfit

Wed, 10am. £1. Chandra East Centre, E15. Call 07950 944 095

Keep Fit - Stay Fit

Sat, 10-11am, £3.50. Jack Cornwell C. C. E12. Call 07965 004 110

Ladies Only Keep Fit

Wed, 10am. £1. Chandra East Centre, Chandra Rd. E15. Thurs, 10am. £1.50. Risky School, Barking Rd, E16

Sheila's Yummy

Mummy Buggy (16+ yrs) Mon, 10-11.30am, £5, Central Park, High St South, £5 (street outside cafe in the park). Fri, 10-11.30am, Pheasant Park, Pheasant Gns, E6. Call 07908 614 568

Women's Badminton

Fri, 1-2.30pm. East Ham Leisure Centre. E6. £2 equipment provided. Call 07930 752 605

Women Unlimited APC (11+ yrs)

Mon (evening), 6-7.15pm, E1, Kingsford School, E6. Call 07792 832 679

Zumba and Tone

Tues, 1-1.15-2.15pm, E7. St Bartholomew's Church Hall, Barking Rd. E6. Call 07944 775 670

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25 yrs)

Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4-4.45pm. Newham Leisure Centre, E13

Athletics (8-18 yrs)

Tues, 4-10.15pm, Brampton Manor Roman Rd, E5. Thurs, 4.30-5.30pm, St. Angela's Unstable School, E7. Email enquiries@englandathletics.org

Family Swims

Sat, 4.30-5.30pm, Newham Offshore Swimming Club, Newham Leisure Centre. E13. Call 07931 7188 739. Sun, 12.30-3pm, Family Swim. Bakers Leisure Centre, E5. Call 020 7476 5274

Get Fit for Free

Tues, 1-3.30-3.30pm and Fri, 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 020 7511 4477

Sensory Play (U8 yrs)

Fri (term time) 10-11.30am. Oliver Thomas Children's Centre, Matthews Ave. E6. Email ashley.holdsworth@oliverthomasschool.org.uk or call 020 8821 0557

Swim for Families

Wed, 4.15pm. Bakers Leisure Centre, E13. Call 020 7476 5274

Wimpelburg

Sessions (U10 yrs) Tues, 4.30-5.30pm. U10 yrs. Newham Leisure Centre, E13. Call 020 7511 4477

Support in Action (18+ yrs)

Indoor and outdoor activities, advice and support. Thurs, 12-3pm. Option C.C.

RUNNING

Backton Park Run

Sat, 8am. Backton Park South. E16. Call 07718 394 750. www.parkrun.org/backton

East End Road Runners

Tues and Thurs, 7pm. Sun, 8am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07939 281 567

Run England

£2 unless stated

Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track). Mon, 4-5.30pm. Newham Leisure Centre. E13 (meet on track). Mon, 6-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm. Newham Dockside. E16 (meet at reception). Thurs, 5-10.15pm, UEL Docklands Campus. E16 (meet at reception). Sat, 10-11.30am. Milestead Field. E12 (meet at Milestead Changing Pavilion). Sat, 10-11.30am, Milestead Park, E16. £4 (meet at car park). Call 07718 364 674

SPORTS

Athletics

Newham and Essex Douglas Athletics Club. Mon and Wed, 6-8pm. Foundation Groups (8-10 yrs). Mon, 7-8pm and Wed, 6-7pm. E2. Terrace Middle School. Newham Leisure Centre, E13. For further details visit www.newhamdouglassathletics.co.uk

BREX (8-18 yrs)

Sun, 10am-12noon. E3. Gosseye Playing Fields. St Albans Ave. E6. Call 07961 333 615

Feeling with Newham Swims

Tues, 6-8pm, Thurs, 6-8pm. Fri, 7-10pm. Classes for adults (18+), and mini pirates (4-7yrs). UEL SportsDock. Call 07936 618 858

Indoor Cricket (8-18 yrs)

Wed, 6-8pm. E2. Uxter Community School. E13. email paul.bartling@uxternewham.org.uk

Black Arrows

Badminton Club. Adults. Fri, 7-9pm, juniors Sat, 10-12noon. E3. E7, East Ham LC. Adults. Weds, 7-10pm. UEL SportsDock. Call 07932 697173

Woodside Badminton Club
Fri 7.30-9.30pm, intermediate
and club standard. £5
wages/£22 unwaged
Carpenters and Dockland
Centre 30 Gibbons Rd. E15
Tel 07920 150 240

FOOTBALL

Air Football (16+ yrs)
Tues 1.30pm Fri 10am
25moose Memorial Park
Memorial Ave. E15
Fri 3-5pm, Buckton
Powerleague, £5
Mail www.airfootball.co.uk

Football and Athletics
Thurs 4.30-6pm, Brixham
Village 55 Evelyn Rd. E18

Football & Multi Sports
Mon, 4-5.30pm, Newham
Leisure Centre. E13
Wed 5-6pm, Stratford
MUGA, West Ham Ln, E15

Mayer's Football League
U70ys, U72ys, Mon, 4.30-
6pm, U18ys, U19ys, 6-7pm
Newham Leisure Centre, E13

Premier League (16+ yrs)
6-8pm (H sat) Weds,
7-10pm, Newham Leisure
Centre. E13

WNU Kicks
Mon, Tues, Fri, 4-7pm,
WNU257, Buckton 351, 352A
Albion St. E5
Thurs 6.30-7.30pm, Little
Bird Learning Zone
1 Rectory Rd. E12
Thurs 6.30-7.30pm
Stratford Park MUGA, West
Ham Ln, E15
Sat 10.30am-12noon
Newham Leisure Centre. E13

Ascension Football
Sat 10.11.30am, E3
Reception to 71ys, King
George V Park
King George Ave. E16
Tel 07806 984 925

BASKETBALL

Basketball & Multi Sports
Fri 4-5.30pm, 6-12pm
Snowhill MUGA, Snowhill

Rd. E12

Basketball Sessions
Tues 6.30-8.30pm, Little
Bird Learning Zone. 1
Rectory Rd. E12

National League
Mon 8-9pm, U11-14ys
Tues 6-8pm, U15-18ys
Rokby School. E15
Thurs 4.30-6pm, U13-14ys
boys, U14ys girls, 6-8pm,
U18ys, Newham Leisure
Centre. E13, 6-8pm, U18ys,
Camberland School, E13

NCFE Sports - Basketball
Tues 5-7pm, East Ham
Leisure Centre. To register
email sports@newham.ac.uk
or call 020 8257 4266

Senior Programme
Mon, 7.30-9.30pm
Division 2 women and division
S4 men, Rokby School, E15
Tel 07947 401 818

**Newham All Star Sports
Academy (MASSA)**
Students £1 unless indicated
Juniors Fri 4-6pm
Camberland School, E13
National league U13ys, U14ys,
U18ys, Tues 5-6pm, Rokby
School, E15
National league U18ys, Tues
6-10pm, Rokby School. E15
National league U12ys
U14ys, U18ys, Thurs
6-8pm, SportsDock
National league U18ys, Tues
6-10pm, UEL, SportsDock
Junior boys and girls, Sat,
10.30am-12.30pm, UEL
SportsDock, E2
Tel 07703 603 965
www.massasports.org.uk

Youngbloods Basketball
All seasons open £1
U12ys mixed Sat, 1-3pm
East Ham Leisure Centre. E6
U13-14ys boys, Mon, 6-8pm
and Wed 4.30-6pm St
Angela's School, E7
U13-14ys girls, Mon, 4-6
pm and Wed, 4.30-6pm, St
Angela's School. E7
U15-18ys boys Tues 6-8pm
St Angela's School, E7. Thurs

8pm, St Bonaventures School, E7
U17-18ys boys Mon and
Wed 8-10pm, St Angela's
School. E7 Tel 07958 337 657

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall,arking Rd,
E5 unless otherwise stated
Tues 11 Nov, 10am
Learning Committee
7pm, Agenciation and
Employment Scrutiny
Commission
7pm, Children and Young
People Scrutiny Commission
Wed 12 Nov, 12noon Audit
Board

Mon 17 Nov, 7pm Local
Development Committee, Old
Town Hall, Broadway. E15
Tues 18 Nov, 7pm, Strategic
Development Committee, Old
Town Hall, Broadway. E15
Wed 19 Nov, 7pm, Crime and
Disorder Scrutiny Committee,
7pm, Health and Social Care
Scrutiny Commission
Thurs 20 Nov, 10am,
Learning 2003 Act Sub
committee, 5pm Cabinet,
5.05pm, Mayoral Proceedings
7pm, Inner North East London
Joint Health Overview and
Scrutiny Committee, Town
Hall, Mulberry Place, 5 Grove
Chaucer, E14

Tues 25 Nov, 7pm Overview
and Scrutiny Committee
Thurs 27 Nov, 10am, Learning
2003 Act Sub committee
Tues 2 Dec, 5pm, Newham
Partnership - Employment and
Enterprise Partnership Action Board

CONTACT THE MAYOR

Thurs 13 Nov, 10am Carving
Town Library (phone open 9.30am)
Tues 15 Nov, 5pm, Newham
Town Hall, Barking Road. E6
Sat 22 Nov, 10am, The Gale
(phone open 9.30am)

Telephone surgery
**Wed 12 and 26 Nov, Call 020
8430 2000** from 9.30-10.30am
and leave your details. The
Mayor will phone you back at a
later time

CONTACT DETAILS

LIBRARIES

Boston Globe
1 Kingsford Wy. E8
Goring Town Barking Rd, E16
Custom House
Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 107-141
Green St. E13
The Gale 5-8 Woodgrange
Gale, E7
Manor Park
685-691 Romford Rd, E12
North Woolwich
5 Park Parade, E16
Plaxford North St, E13
Stratford 2 The Grove, E15
Archives and Local Studies
Tel 020 3373 8881
email archives@localstudies.newham.gov.uk

LEISURE & SPORTS VENUES

Newham Leisure Centre
14 Belton St, E13
East Ham Leisure Centre
324 Barking Rd, E6
Newham Leisure Centre
201 Prince Regent Ln, E16
Newham Leisure Centre
201 Prince Regent Ln, E16
UEL SportsDock Docklands
Campus, University Way, E16

COMMUNITY CENTRES (C.C.)

Boston Community Centre
14 Manor Wy. E8, 020 7511 1214
Field Community Centre
147 Station Rd, E7
020 8520 2900
**Grassroots Centre Memorial
Park, Memorial Ave. E16**
020 3373 6650
The Hartley Centre
207 Barking Rd, E6
The Hub 129 Star Ln, E16
020 3373 6750
**Jack Cornwell Community
Centre Jack Cornwell St, E12**
020 8529 3459
Jeppe Community Centre
1 James Ct, E13, 020 8578 8625
**Katherine Road Community
Centre 254 Katherine Rd, E7**
020 8548 3425
St Mark's Community Centre
218 Tolgate Rd, E6
020 7511 1214
Upton Community Centre
Claydon Rd, E13, 020 8471 0040

THE RED CRATE

Find out more and have your say...

**STRATFORD
EAST** East of the West
...a people's theatre



Impression of The Red Crate, Stratford, Warwickshire



The Red Crate will be built on the site of the former Stratford Railway Station

Theatre Royal Stratford East invites you to take part in their public consultation for The Red Crate.

The Red Crate is a 220-seat theatre that is planned to be built opposite the existing theatre in Theatre Square.

The new venue will be a sister building to the National Theatre's temporary theatre, designed by award-winning architects Haworth Tompkins. It will adjoin the existing adjacent empty catering unit, which they will transform into a fresh cafe / bar, as well as front of house facilities. The new venue is planned to open in 2019/20 and will be in place for an intended period of 10 years.

Events at Theatre Royal Stratford East

SAT 15 NOV, 11AM - MIDDAY
PUBLIC PRESENTATION AND Q&A

If you can't come along you can join us online as we'll be live streaming the discussion on our website and taking questions via Twitter

**SAT 22 NOV, 11AM - 4PM,
MON 24 & TUE 25 NOV, 2PM - 7PM**
PUBLIC EXHIBITION

MON 1 DEC, 5PM - 7PM
NOVNIAM FIRST MONDAY

MON 8 DEC, 6.30PM - 7.30PM
PUBLIC PRESENTATION AND Q&A

See 15 Nov for details of joining this event online

UNTIL 12 DEC
DISPLAY AT THE THEATRE

UNTIL 12 DEC
TAKE PART ONLINE - theredcrate.com

Further information, together with an online consultation card and the opportunity to sign up for our email news can be found online. Our events on 15 Nov and 8 Dec will be live streamed on our website. You can also talk to us via Facebook and Twitter (see below for details)

**THU 6 NOV -
FRI 12 DEC 2014**

theredcrate.com

[/theatroyalstratfordeast](https://www.facebook.com/theatroyalstratfordeast) [#stratfdeast](https://twitter.com/stratfdeast) [#theredcrate](https://twitter.com/theredcrate)



ARTS COUNCIL
ENGLAND



Stratford East
Theatre

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THEATRE ROYAL STRATFORD EAST presents
A MAGICAL CHRISTMAS TREAT!

Beauty & THE BEAST

Book & Lyrics by
PAUL SIRETT
Music & Lyrics by
**WAYNE NUNES
& PERRY MELIUS**
Directed by
DAWN REID

The press on *Disk Warming* 2015

**'A gemstone of
a pantomime'**

The Stage



Stage Out



Meluo

**29 NOV 2014
- 17 JAN 2015**

**STRATFORD
EAST**.com

THEATRE ROYAL
STRATFORD EAST
WENTWORTH RD, ST. ALBANS

...a people's theatre

WORTH 01583 515 517
01583 515 517
Box Office 01583 515 517



ARTS COUNCIL
ENGLAND



facebook.com/stratfosteatre



@stratfosteatre

**NEWHAM
DISCOUNT NIGHT**
SAT 29 NOV
£2.50 TICKETS

Available for Newham residents who are
registered for the Newham Council's 'Newham
Residents' Discount Scheme'

